

# How to maintain consistency during the JEE preparation?

Preparations for JEE need continuity, focus, dedication and sacrifice. Sacrifice of things that others won't be able to do. Proper planning and strategy should be followed by the students for JEE Mains and JEE Advanced. It will be helpful for you if you have registered for a decent JEE tutoring, things will be easier for you, but if you don't plan to register for a JEE tutoring (or online tutoring) it will be really difficult for you to crack the entrance exam. Here's some tips and tricks about how to maintain consistency during the JEE preparations?

## Tips to maintain consistency-

### Planning and strategy

It is very important for a student to set daily basis goals and achieve them. Make a proper timetable on a weekly basis and set achievable goals especially when you are preparing for competitive exams like [JEE](#), NEET and CUET/CUCET. Wake Up consistently at the same time and study every day at the same time this will help you in maintaining your consistency.

### Self-Motivation

To achieve your goals consistency is important but self-motivation is also very important. You should always have faith and believe in yourself so that only you can be successful.

### Self-Monitoring

Always think about the things you are doing, is it right or wrong. Whatever amount of time you are giving for the preparations or for the specific topic of JEE syllabus is it enough or not.

### Keep Notes

JEE mains and advanced syllabus is so vast that it is impossible for a student to memorise every topic, so start maintaining notes about the topics you have done and topics that are doubtful so that it helps you to remember the things that need to be worked on.

### Peers and Pressure

Never pay attention to what your friends or other people of your age are doing. Being distracted is very easy especially in this age where you want to have all that fun and

enjoyment. But as mentioned before JEE Mains and [JEE Advanced](#) needs all your dedication and sacrifice. Also don't go as per others study plan, make your own and study according to yourself. It is not necessary that others' study time or time table should be like yours, everyone has their own capabilities and plannings.

## Practice makes a man perfect

Keep practicing the problems at least for 2-3 times because solving problems of JEE exams should be continuous and rigorous.

## Healthy Lifestyle

Studying never means that you have to neglect your health. Always eat properly, take rest, listen to music if you are stressed and take a fresh morning walk to keep your mind fresh. Don't sit for study if you are tense or in a bad mood, give yourself some time and then start studying.

## Books and Exemplars

Before starting any other book, complete your NCERT Textbook and NCERT Exemplar, because NCERT book covers many questions and topics of JEE. Along with the NCERT books, focus on building your concepts with books that focus on competitive exams. Also, it's wiser not to switch between too many books.



